



Substance Abuse and Mental Health Services Administration
SAMHSA
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20
 1992-2012
 YEARS STRONG



DEPARTMENT OF HEALTH & HUMAN SERVICES USA


Behavioral Health is Essential To Health



Prevention Works


Treatment is Effective

People Recover



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PBHCI California-State Meeting

PBHCI Health Outcomes: *Who is Being Served, and Are They Getting Better?*

September 22, 2014
 Trina Dutta, MPP, MPH
 Center for Mental Health Services



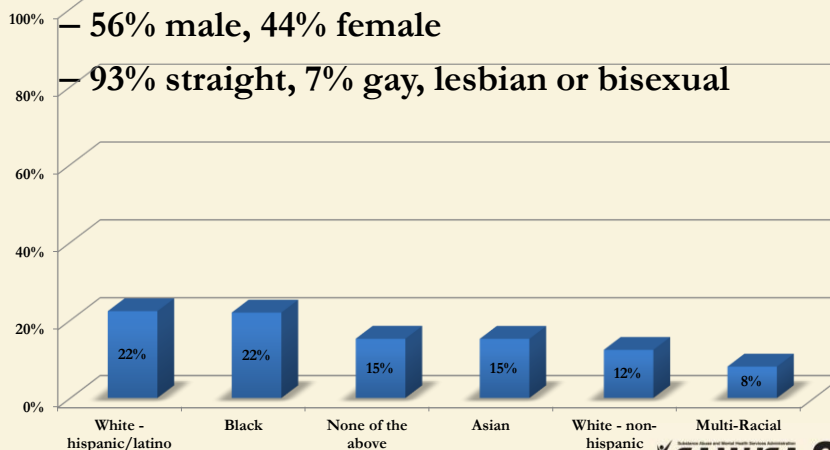
California Grantees: Served 2,318 Consumers To Date

- Catholic Charities of Santa Clara County
- Glenn County Health Services Agency
- Alameda County Behavioral Health Care Services
- San Mateo County Behavioral Health Care Services
- Tarzana Treatment Centers, Inc
- San Francisco Department of Public Health
- Asian Community Mental health Services
- Monterey County Health Department
- Didi Hirsch Mental health Services
- Native American Health Center

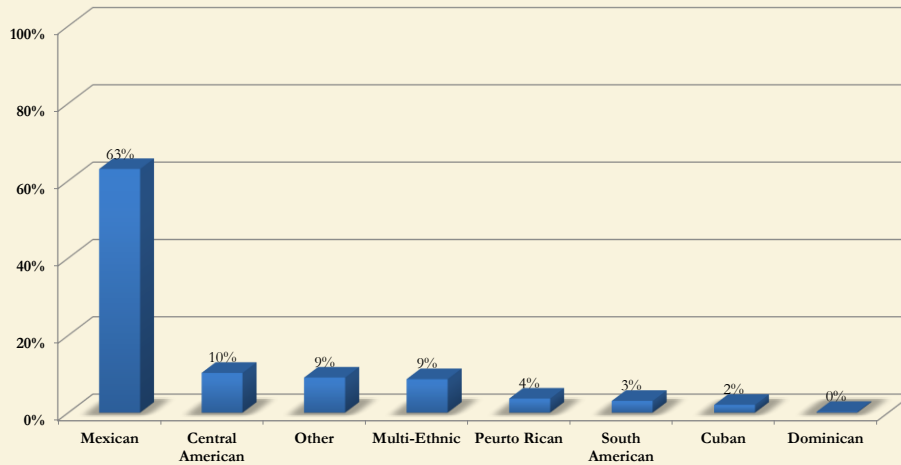


Demographics

- Of the 2,318 served....



Ethnicity



Data Collected by PBHCI Grantees: NOMs

- **National Outcome Measures (NOMs)**
 - Functioning
 - Housing Stability
 - Education & Employment
 - Crime and Criminal Justice Status
 - Perception of Care
 - Social Connectedness
 - Services Received



Data Collected by PBHCI Grantees: Health Indicators

- Physical Health Indicators
 - Blood pressure
 - BMI
 - Waist Circumference
 - Breath CO
 - Fasting Blood Glucose / HgA1c
 - Cholesterol



Why Do We Measure Physical Health Indicators?

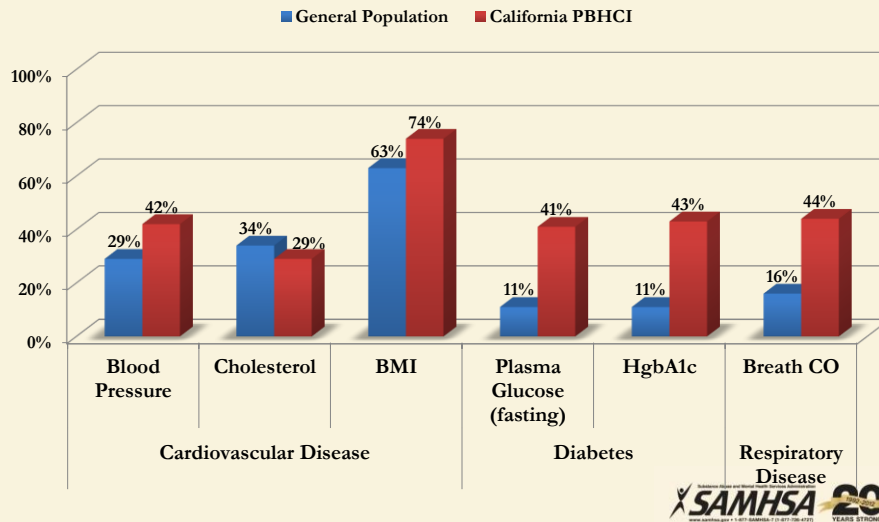
- Because people with serious mental illness (SMI) die earlier than the general population.

AND

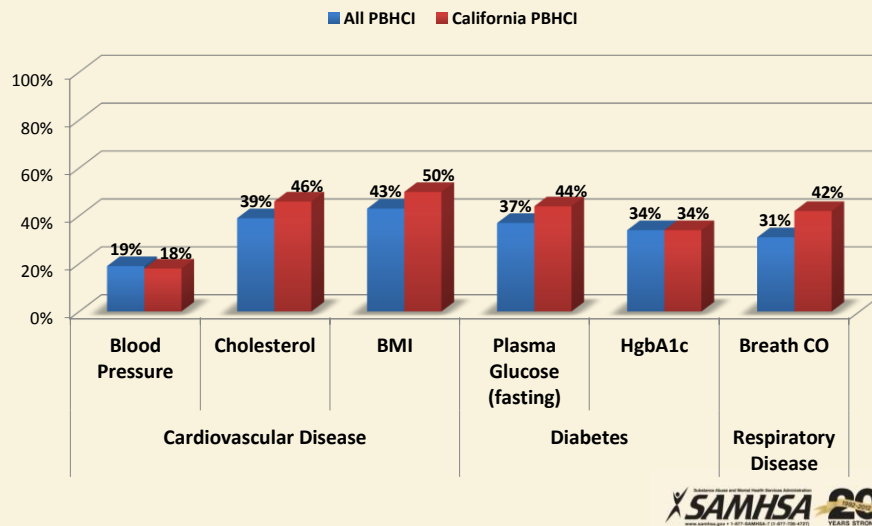
- Because the three leading causes of death for people with SMI are cardiovascular disease, diabetes, and respiratory disease (Parks, 2006).



At-Risk for Health Indicators – California PBHCI vs General Population



Any Improvement Among At-risk CA PBHCI Clients

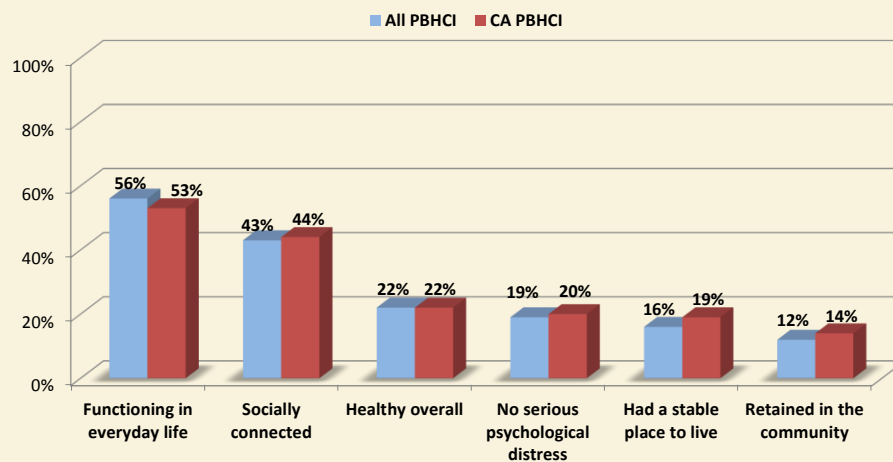


Growing Evidence-base of Interventions

- IN-SHAPE is one of many evidence-based wellness interventions shown to improve the physical health of people with SMI
- Growing number of tobacco reduction resources for people with SMI
- Many of these interventions utilize Peer Support Specialists to achieve these outcomes



Improvement in NOMs



Other PBHCI Results

San Mateo County, CA

Implemented medication-assisted treatment for people with severe alcohol abuse and saw ER visits drop from 6 per year to .2 per year



Other PBHCI Results

Alameda County, CA

Saw high utilizers reduce ER visits from 12.9 per year to 6.3 per year, and 64% of all consumers improved their blood pressure.

